

## CLAIMS

I claim:

1           1.       A back traction and muscle stretching bench,  
2 comprising:

3           a base frame having a front end and a rear end;

4           a thigh support panel disposed on top of said base frame,  
5 the thigh support panel being downwardly inclined toward the  
6 rear end of said base frame;

7           a torso support member pivotally connected to said base  
8 frame;

9           an adjustable support member disposed between said base  
10 frame and said torso support member, the adjustable support  
11 member allowing inclination of said torso support member to be  
12 varied; and

13           a footrest assembly attached to and extending rearward from  
14 the rear end of said base frame, the footrest assembly being  
15 adjustable in height relative to said thigh support panel.

1           2.       The back traction and muscle stretching bench according  
2 to claim 1, further comprising an armrest assembly adjustably  
3 extending forward from the front end of said base frame.

1           3. The back traction and muscle stretching bench according  
2 to claim 1, further comprising a neck rest assembly adjustably  
3 extending forward from said torso support member.

1           4. The back traction and muscle stretching bench according  
2 to claim 1, further comprising at least one body-securing belt  
3 disposed on said torso support member.

1           5. The back traction and muscle stretching bench according to  
2 claim 4, further comprising a belt tensioning device disposed on  
3 said torso support member, at least one of said body-securing  
4 belts being in connection with, and tensionable by, said belt  
5 tensioning device.

1           6. The back traction and muscle stretching bench according to  
2 claim 1, wherein said footrest assembly comprises:

3           an elongated support arm having first and second ends, the  
4 first end being pivotally attached to said base frame and being  
5 pivotal in a vertical plane;

6           a pair of footrests disposed on said elongated support arm;  
7 and

8           at least a pair of roller pads disposed on said elongated  
9 support arm.

1           7. The back traction and muscle stretching bench according to  
2 claim 6, wherein said footrests further comprise a clamp member  
3 slidable on and selectively clamped to said elongated support  
4 arm, whereby said footrests are adjustable in position along the  
5 length of said elongated support arm.

1           8. The back traction and muscle stretching bench according to  
2 claim 6, wherein said roller pads further comprise a clamp member  
3 slidable on and selectively clamped to said elongated support  
4 arm, whereby said roller pads are adjustable in position along  
5 the length of said elongated support arm.

1           9. The back traction and muscle stretching bench according to  
2 claim 6, wherein said roller pads are located between said  
3 footrests and said first end.

1           10. The back traction and muscle stretching bench according  
2 to claim 1, wherein said torso support member comprises a torso  
3 support panel.

1           11. The back traction and muscle stretching bench according  
2 to claim 10, wherein said torso support member comprises a frame,  
3 the frame being pivotally connected to said base frame, said torso  
4 support panel being disposed on said frame.

1           12. The back traction and muscle stretching bench according  
2 to claim 10, wherein said torso support panel is pivotal from  
3 side to side of said base frame.